

# **News Release – 2 pages**

*From the Knox County Health Department*

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**For more information, contact  
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## **Senior Wellness Clinics continue in 2008 Next clinic Feb. 20 in Fredericktown**

Monthly Senior Wellness Clinics presented by the Knox County Health Department will continue for the third year. The next clinic of the year will be held Feb. 20 from 10 a.m. to noon at Senior Citizen's Center in Fredericktown. The Senior Wellness Clinics rotate to a new location each month in collaboration with activities presented by senior citizen centers in each community. The other locations include the Station Break in Mount Vernon, the Senior Center in Centerburg and St. Luke's Community Center in Danville. The monthly clinics are free to area senior citizens. Services are offered on a walk-in basis. An appointment is not necessary.

Each Senior Wellness Clinic offers free screenings for blood pressure and blood sugar. A registered nurse is available to review medications and provide education on medicines and illnesses. Free medicine boxes are provided. Every senior citizen participating in the clinics is also eligible for one free cholesterol screening during the year. A registered dietitian will also be available for dietary counseling and one-on-one counseling will be available for those who want to stop smoking.

The cholesterol test offered at the Senior Wellness Clinic is non-fasting and indicates HDL and LDL levels. Clients will receive a paper printout of their test results that they can take to their doctor if follow up is necessary. Senior citizens attending the clinic who do not have a doctor will be referred to the health department medical staff for follow up.

Dates, times and locations for the 2008 Senior Wellness Clinics are:

Jan. 17	10 a.m.-Noon	Danville Community Center
Feb. 20	10 a.m.-Noon	Fredericktown Senior Center
Mar. 6	Noon-2 p.m.	Centerburg Senior Services
April 17	10 a.m.-Noon	Mount Vernon Station Break
May 15	10 a.m.-Noon	Danville Community Center
June 18	10 a.m.-Noon	Fredericktown Senior Center
July 17	Noon-2 p.m.	Centerburg Senior Services
Aug. 21	10 a.m.-Noon	Mount Vernon Station Break
Sept. 18	10 a.m.-Noon	Danville Community Center
Oct. 15	10 a.m.-Noon	Fredericktown Senior Center
Nov. 20	Noon-2 p.m.	Centerburg Senior Service
Dec. 18	10 a.m.-Noon	Mount Vernon Station Break

Funding for the Senior Wellness Clinics is provided in part by the recently passed Health Levy and the Senior Services Levy which is administered by The Station Break. For more information, contact the health department medical clinic at 399-8009.